

WHAT IS CLAIMED:

1. A method for producing fermented milk containing an angiotensin converting enzyme inhibitory peptide comprising:

(A) mixing lactic acid bacteria and a starting material containing milk by stirring to prepare a mixed material, and

(B-1) fermenting said mixed material under stirring so that curd pieces and whey containing an angiotensin converting enzyme inhibitory peptide are generated,

whereby fermented milk containing said curd pieces and said whey containing the angiotensin converting enzyme inhibitory peptide is produced.

2. The method of claim 1 wherein said milk is selected from the group consisting of cow's milk, goat's milk, sheep's milk, soy bean milk, skim milk, reconstituted milk, powdered mil, condensed milk and mixtures thereof.

3. The method of claim 1 wherein said fermented milk has a viscosity of not higher than 20 cp.

4. The method of claim 1 wherein said angiotensin converting enzyme inhibitory peptide is selected from the group consisting of Val-Pro-Pro, Ile-Pro-Pro, and mixtures thereof.

5. The method of claim 1 wherein said mixed material further contains a yeast.

6. The method of claim 1 wherein said lactic acid bacteria contained in the mixed material comprises *Lactobacillus helveticus*.

7. The method of claim 6 wherein the *Lactobacillus helveticus* comprises *Lactobacillus helveticus* CM4 (NATIONAL INSTITUTE OF BIOSCIENCE AND HUMAN TECHNOLOGY, AGENCY OF INDUSTRIAL SCIENCE AND TECHNOLOGY, Deposit No. FERM BP-6060, Deposit date: August 15, 1997).

8. A method for producing whey containing an angiotensin converting enzyme inhibitory peptide comprising:

subjecting the fermented milk produced by the method of claim 1 to at least one of centrifugation and filter pressing to separate and recover whey.

9. A method for producing fermented milk containing an angiotensin converting enzyme inhibitory peptide comprising:

(A) mixing lactic acid bacteria and a starting material containing milk by stirring to prepare a mixed material,

(B-1) fermenting said mixed material under stirring so that curd pieces and whey containing an angiotensin converting enzyme inhibitory peptide are generated, and

(B-2) fermenting said mixed material under static conditions,

whereby fermented milk containing said curd pieces and said whey containing the angiotensin converting enzyme inhibitory peptide is produced.

10. The method of claim 9 wherein said milk is selected from the group consisting of cow's milk, goat's milk, sheep's milk, soy bean milk, skim milk, reconstituted milk, powdered milk, condensed milk and mixtures thereof.

11. The method of claim 9 wherein said fermented milk has a viscosity of not higher than 20 cp.

12. The method of claim 9 wherein said angiotensin converting enzyme inhibitory peptide is selected from the group consisting of Val-Pro-Pro, Ile-Pro-Pro, and mixtures thereof.

13. The method of claim 9 wherein said mixed material further contains a yeast.

14. The method of claim 9 wherein said lactic acid bacteria contained in the mixed material comprises *Lactobacillus helveticus*.

15. The method of claim 14 wherein said *Lactobacillus helveticus* comprises *Lactobacillus helveticus* CM4 (NATIONAL INSTITUTE OF BIOSCIENCE AND HUMAN TECHNOLOGY, AGENCY OF INDUSTRIAL SCIENCE AND TECHNOLOGY, Deposit No. FERM BP-6060, Deposit date: August 15, 1997).

16. A method for producing whey containing an angiotensin converting enzyme inhibitory peptide comprising:

subjecting the fermented milk produced by the method of claim 9 to at least one of centrifugation and filter pressing to separate and recover whey.